

NARCISSISM

CARE TIPS

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BE ASSERTIVE



Make sure you toe the line between passive and aggressive. Be clear about your thoughts, feelings, and expectations.

Remember they are their biggest priority and that it will be difficult to be seen as important.



YOU ARE SECOND

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DON'T PICK SIDES



If you stay neutral to their causes, you don't alienate yourself from them or from the people they are against.

It's not accepting that what they do/don't do is okay, it's accepting that they may not change. With that acceptance, you can decide if your relationship and expectation of life with them may need to change.



ACCEPT IT

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PAY ATTENTION



Identify their narcissistic traits and see them for what they are and not something you have the power to change on your own.

They like to throw you off balance, make you emotional, or confuse you. Don't let them.



STAY CALM

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GET EDUCATED



Find articles or books on the type of relationship you have with a narcissist and see what you can take away from those.

Do not blindly accept their definition of who you are as truth.



KNOW YOURSELF

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NARCISSISM CARE TIPS

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REFUSE TO ARGUE



Don't fall into unhealthy communication. Stick to calm facts or shut the conversation down.

If they try to deflect, stay on subject and stick to the facts.



DON'T TAKE THE BAIT

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STICK TO FACTS



Don't allow conversations to wander into feelings, opinions, perceptions, or assumptions.

They may not be able to be what you want them to be. Decide what you need from them that they are able to provide.



SET REALISTIC EXPECTATIONS

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ASSESS



Take stock of your relationship with them realistically. What will change and what can't. What you can do and what you have no power over.

When voicing a need, present them with options to meet that need instead of a demanding expectation.



PRESENT OPTIONS

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HONEST FEEDBACK



Make sure you have people who will give you true, honest feedback about who you are and what you deserve.

If they no longer add to your life, make the proactive choice to walk away.



WALK AWAY

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